

# LivingWell

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# Director's Corner

**T**hank you. I've been having delightful conversations with people I consider new friends. It begins with "You look familiar." We talk a bit and it almost always transcends into "You are in that magazine."



"Living Well from Aging Partners?" I ask. "That's it," they say.

Everyone wants to know the work they do is helpful to others, and this magazine has evolved over time into an easily read, informative and interesting publication.

Going back to the beginning, we should thank Dena Zimmer, now retired from the agency, for our newsprint "Lifelines Magazine." Deb Batten, now working with Lincoln Public Schools, moved us into our current design in 2005. Valerie Crook gave us our new logo and name, Aging Partners. This issue introduces a new publisher/editor, Zoe Olson, who brings her own style and enthusiasm to our entire communications and marketing program.

You will note this issue's theme of new beginnings. Zoe Olson and Dave Miller are two new members of the Aging Partners management team. Dave is taking on a new role created for the agency: business development. Aging Partners provides services for anyone older than 60. We use a sliding-fee scale for services. We are the experts in aging information and services, and we believe everyone needs expert help, regardless of income. Dave will help us develop fee-for-service programs that will begin to replenish our diminishing revenue status, so we can continue to advocate for seniors and help them remain independent.

Each day is a new beginning for the Aging Partners staff. We hope you have that experience as well. 

**June Pederson, Director, Aging Partners**

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**to change your mailing address.**

## On the Cover

Ruth McKinstry dedicates her life to helping the less fortunate, including the homeless who depend on Matt Talbot Kitchen & Outreach for a warm meal.

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508



**Now is the best time to talk  
about what you want next in life.**

Nothing beats gathering around the table with loved ones. Conversations move back and forth—from fondest memories to future plans. And it's the perfect opportunity to talk about your version of the ideal retirement living scenario. When you're ready, we would love to join your conversation and help you decide what's right for what's next based on your distinct wants and needs. We know there's no one-size-fits-all solution, but we also know that it's hard to find the answer until you start asking questions. Call us today for help moving your conversation forward.

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# Preserving History

**L**istening to Lillian Maschman talk about her past, Lincoln Southeast High School senior Wanufi Teshome typed down the details on a laptop and hoped she was doing her part to keep these historical tidbits alive for years to come.

"It's easy to learn facts about history," Teshome said. "It's the people who were there who make it human and important."

Maschman and Teshome were part of a collaborative project Oct. 1 with Aging Partners, various

other organizations throughout the city and Lincoln Public Schools for the first LPStudentServe day, a Lincoln Public Schools citywide student service day led entirely by students. The mission was to instill civic responsibility and preserve democratic ideology in students by promoting behaviors of good citizenship in their local, national and global communities.

They were one of the student and older adult pairs at Northeast Senior Center to participate in the initiative's Oral History Dictation


project. More than 1,300 students, parents and teachers signed up to volunteer and help schools and charities at about 150 projects around the city. Middle school and elementary students served on their school grounds, while high school students were spread throughout the city at various organizations.

Whether they raked leaves at a park, made blankets for People's City Mission or any other service project Oct. 1, Lincoln Southeast student Hope Edwards who came up with the concept and organized the effort said students of all ages were excited to participate.

Edwards met with June Pederson, Aging Partners director, at the Mayor's cabinet meeting Aug. 24 to get the ball rolling on the Oral History Dictation project. Students then typed notes while older adults shared stories about their family, education, upbringing, courtship and dating, military service, employment and other historical events that impacted them. A document with these notes was then provided to the older adults who shared the information.

"It is another great way for the youth to give back," Edwards said. "Not only were the youth serving and giving back to the elderly in our city who have paved the way for younger generations, but also the youth learned valuable lessons for life."

Elisa Stutheit from Aging Partners, who helped at the Northeast Senior Center, agreed that it was a great opportunity for students and older adults to meet and realize their commonalities.

"I hope this project continues to grow in years to come," Stutheit said. 



*Elijah Chisholm, a junior at Lincoln High junior, records the story of Audrey Daniels.*



*Lillian Maschman shares her history with Wanufi Teshome, a Lincoln Southeast senior.*



# Clarks Reap the Rewards of Giving Back

**T**here are many things Ben and Sherry Clark have to be proud of: their burgeoning garden, a carefully maintained home and a marriage that's endured 23 years. But it's the feeling they get when helping others that the couple finds most rewarding.

## Giving Back

Two months before retiring in August 2010 with 35 years of service to the Lincoln Public School system, Ben started with the Home Handyman Program.

"I've always helped people, ever since I was a kid," he said. "My mom would tell me to help a neighbor scoop snow, pull weeds or run errands. It's been ongoing my whole life."

In April 2011, Sherry began assisting her husband with Home Handyman jobs. This summer and fall alone, the couple tackled an impressive 226 work orders, for a total of 415.5 work hours.

"We're a good team," Sherry said. "And the people are so appreciative. It's nice to see a smile on their face when you leave."

## Making an Impact

Without assistance from the Home Handyman Program, 77-year-old Doris Cerny wouldn't be able to remain in her West A home.

"I'm arthritic, and it's hard for me to get up and down," said Cerny, who's relied on the program about five years. "I worked all my life, so it was a blow not to be able to do things myself. Without Home Handyman, I wouldn't be able to live on my own."

This summer, Ben and Sherry assisted Cerny with a variety of projects, including yard work, home repairs and deck staining. She



*Doris Cerny appreciates the help of Ben and Sherry Clark through the Home Handyman Program.*

appreciates the couple's willingness to dive in and looks forward to their visits.

"They're easygoing, personable and work hard," she said. "They're my kind of people. I show them whatever mess I have, and they clean it up."


## Reaping the Rewards

It's not just their customers that benefit from the Clarks' hard work. The couple's busy schedule has led to several health benefits, including weight loss. To date, Sherry has lost 32 pounds and Ben 15.

"It's a good way to get a tan and lose weight," Sherry said. "It's a fun way to help others, especially if you like to work outside."

Though Ben enjoys how busy Home Handyman keeps him, he hopes others consider joining the program.

"Someday, Sherry and I might want to take a break and go fishing or camping," he said.

For more information about the Home Handyman Program, call 402-441-7030. 

Ben and Sherry Clark also assist with the Snow Removal Program. Unlike the regular Handyman Program – available for anyone age 60 and older – the Snow Removal Program is provided for older adults in the community who cannot afford other community snow removal options.

The Snow Removal Program is directly dependent on the generosity of the community, and each year the need outweighs the donations.

Tax deductible designated "Snow Removal" donations are made easy through the following ways:

- A check written to:  
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Lincoln, NE 68510  
Designate "Snow Removal" in the memo section.
- Call the Seniors Foundation at 402-441-6179 with your donation information.

Whatever method you choose, please be sure to designate "Snow Removal" with your donation.



*Kristen Stohs and Leta Powell Drake step up as new hosts for Live & Learn.*

## Live & Learn Thanks Briggs, Welcomes New Hosts

**E**xiting the Live & Learn set in October, Peggy Briggs' departure "opens the doors for new people and ideas." Briggs looks forward to seeing the program's new hosts – Leta Powell Drake and Kristen Kay Stohs – in action.

### **Briggs Concludes 10-year Career**

During the past decade, Peggy Briggs has been a staple on the Live & Learn broadcast, interviewing numerous community and political figures such as Ben Nelson.

"Live & Learn was a wonderful opportunity and is a show of great importance to the community," she said. "It gets viewers' attention and gives them information to help them with their lives."

Through Live & Learn, Briggs disseminated information

pertaining to state, local and Aging Partners' programs, making resources come to life. Briggs' down-to-earth anecdotes and analogies stemmed from her life, including her domestic and workplace experiences. In addition to raising her children, she furthered her personal development through employment as an English Department secretary at Nebraska Wesleyan University.

Once an empty nester, Briggs re-entered the workforce as a research assistant for a Nebraska senator. Acknowledged for her contributions, she soon became the director for the Nebraska Department of Economic Development's Travel and Tourism Division. During her tenure, Nebraska was the first state to offer audio tourism tapes at visitor centers and tourism information on the Web.

Along with being an Old West Trail Association member, Briggs was appointed to the U.S. Travel Association's board of directors and was honored as the National Council of State Tourism Directors' State Tourism Director of the Year in 1992.

Continuing to live and learn, Briggs plans to spend time with family, which includes her 93-year-old mother, four children, four grandchildren and two great-grandchildren.

### **Drake Draws From Five Decades of Experience**

Stepping in front of the camera is nothing new for Leta Powell Drake, as she possesses 46 years of broadcasting experience. Drake began her career at KDAL-TV in Duluth, Minn., working part time at the television station while



she attended the University of Minnesota. Upon being offered a graduate assistantship at UNL, Drake moved to Nebraska in 1960 and auditioned at KOLN-TV, becoming the TV spokesperson for Lincoln Telephone and Telegraph.

While studying for a master's degree and postgraduate work at UNL, Drake worked for several broadcasting and advertising companies. Offered a role with KOLN/KGIN-TV in 1967, she stayed for 28 years, hosting and producing more than 10,000 television shows including the 10/11 Morning Show and Cartoon Corral with Kalamity Kate. She was promoted to program director in 1982. She joined the staff of NETV in 1989, where she worked the next 13 years.

During her illustrious career, Drake received many broadcasting and civic honors including the Mayor's Arts Award and The Abe Lincoln Award. Recognizing her body of work, she was inducted into the Nebraska Broadcasters Hall of Fame in 2010.

Along with serving on The Salvation Army's board for 35 years, Drake currently serves as the Art Committee chair for UNL's Osher Lifelong Learning Institute. She also resides on the boards for the Nebraska Repertory Theatre and Hixson-Lied College of Fine and Performing Arts.

Drake's passion for live performance continues, acting in more than 100 plays and two movies. During her free time, she enjoys spirited games of golf, bowling or horseshoes and spending time with her son, Aaron, daughter-in-law Cyndee and granddaughters Sierra and Danielle.

### Stohs Brings Community-Minded Viewpoint


Live & Learn viewers will soon benefit from Kristen Kay Stohs' experience, as she truly understands community issues.

For more than 25 years, Stohs actively has committed her time to numerous organizations. As the mother of two, she led countless athletic, music and school groups. She also spearheaded the Safe Homes programs at Ruth Hill Elementary School and Irving Middle School. Through her grassroots effort, she organized parents to help keep children safe from alcohol, tobacco and other drugs.

Graduating from University of Nebraska in 1973, Stohs used her Business Administration degree while employed at the United of Omaha Life Insurance Company, Medical Business Office and

National Baseball Congress.

Think Stohs looks familiar? She has served as president for Friends of Lied, P.E.O. Chapter BR, Seniors Foundation, Lincoln Southeast Athletic Booster Club and the FarmHouse Fraternity Mother's Auxiliary. In addition to being a founding committee member of Lincoln's Seniors Transportation Program, Stohs also is a member of BryanLGH Medical Center Volunteer Resources, Nebraska Alumni Association, Lancaster County Medical Alliance, Chi Omega Alumnae and Westminster Presbyterian Church.

When not helping others, Stohs enjoys taking photos, playing bridge, swimming and spending time with her family, including her husband, Gene, sons Todd and Brett, daughter-in-law Jill and granddaughter Sophia. 

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## Protecting Loved Ones from Medical Errors

**T**o err is human, and unfortunately medical professionals are not exempt. According to a 1999 report by the Institute of Medicine, it's estimated between 44,000 and 98,000 deaths and more than 1 million injuries are caused annually by medical errors.

### Defining Medical Errors

According to Diane C. Pinakiewicz, MBA, medical errors can be defined as errors of commission (doing the wrong thing); errors of omission (not doing the right thing); or mistakes in execution (doing the right thing, but doing it incorrectly).

Pinakiewicz said medical errors can encompass a range of causes that can lead to unintended outcomes:

- **Never events:** As defined by the National Quality Forum, these are preventable events considered so harmful they should never occur. Also called seriously reportable events (SREs), they include most medication errors as well as instances of performing surgery on the wrong body part or the wrong patient.
- **Complication of care:** Health care associated complications, including infections that patients develop while in the hospital, are thought to be largely preventable.
- **Miscommunication:** Breakdowns in communication can result in the wrong treatment, a lack of treatment or incorrect self-care by the patient. Miscommunication can be the


result of faulty systems (poor methods of reporting critical test results, for example); lack of attention to the health literacy of patients; or a lack of cultural competency on the part of the health care team.

Being an engaged and well-informed advocate for your loved one can keep them safe from medical errors. Here are a few suggestions from Pinakiewicz:

### In the Hospital

- Talk to your loved one about his or her wishes regarding communication with the clinical team. If he or she wants you to know everything that's going on, be sure the doctors and nurses know so you can be fully involved in the treatment plan.
- Make sure hospital staff check your loved one's identification before any treatment, tests or procedures.
- Learn about hospital-acquired conditions and whether your loved one is at risk. Ask what protocols are followed to avoid these conditions.
- Don't be shy. Now is not the time to keep silent if you think something isn't right, or even if you are simply confused.
- Recognize that common safety practices like hand washing apply to you, too.
- Before your loved one is discharged from the hospital, be sure you understand what the next steps are for follow-up care.

### At the Doctor's Office or Pharmacy

- Help your loved one prepare in advance for a doctor's appointment by updating his or her list of medications and writing down any questions.
- Make sure each medical or pharmacy staff member taking care of your loved one verifies his or her identification.
- Know what medications the doctors have prescribed, what they are for and how they should be taken.
- If lab tests or radiologic studies are ordered, be sure they are completed and follow up to get the results.
- Make sure the members of your loved one's clinical team know you and how to reach you. 

Source: Taken from "Patient Safety: How to Protect Your Loved One From Medical Errors" by Diane C. Pinakiewicz, MBA, in the National Family Caregivers Association Take Care!, Summer 2011





# Making an Impact as a Long-distance Caregiver

**M**arilynn Grotrian shared a womb with her sister, Margaret Maxwell, and brother, Martin Hadley. Fifty-eight years later, there's still nothing she won't do for one of her triplet siblings.

## Distance Doesn't Matter

She may be hundreds of miles away, but Grotrian plays an important role in her sister's life. Maxwell, diagnosed with epilepsy at age 9, had her first surgery to remove a slow-growing and recurring brain tumor when she was 38. Since then, she's had two more surgeries.

"I've been caring for her all my life," Grotrian said. "I feel like no one can do it as well as I can."

Though she's in Lincoln and her sister resides in Wichita, Kan., Grotrian doesn't let the daunting distance become an obstacle.

"Even though you're far away, you can still make a difference," she said. "You know they'll have the care you want them to."

Maxwell is fairly independent – she still drives and does her own shopping – but she relies on Grotrian, her power of attorney, to oversee her health care and provide emotional support.

To handle the responsibility, Grotrian, in turn, relies on caregiver support groups, a caregiver support handbook and friends and family. It also helps that she is extremely organized and an excellent communicator.

"It's hard not being right there with her and knowing I can't comfort her any closer than a phone call," Grotrian said. "But Margaret knows she can trust me and call at any time."

## Voice of Experience

Grotrian offers these tips for long-distance caregivers:

- Locate a lawyer to set up a good power of attorney for the state in which your loved one resides.
- Ask questions. "If you don't ask questions, you'll never find answers," she said.
- Get a phone book for their community.
- Know who provides local utilities.
- Take time off work to attend doctor appointments and get to know the health care providers.
- Collect business cards from everyone, including the doctor, dentist, attorney, bank and church. Organize the cards in one place and keep them nearby at all times.

"You never know when you're going to get a phone call and need that information at hand," Grotrian said. "'Oh, I left it at home,' just isn't going to cut it."

- And, most importantly: Mind your own health.

"Don't forget about yourself," she said. "Get involved in your community and stay connected with other people." **Lw**



*Even though her sister, Margaret, lives in another state, Marilynn Grotrian still provides a helping hand.*



*From left, triplets Martin Hadley, Margaret Maxwell and Marilynn Grotrian would do anything for one another.*

Are you willing to share a personal story about giving or receiving care? Much like NPR's "Story Corps" Project, the Angels Theatre Company is collecting stories of caregiving as part of its upcoming Lied Center residence. For more information about sharing your story please contact Judy Hart at [judithkhart@aol.com](mailto:judithkhart@aol.com)

## Positive Outlook Wins Battles with Adversity

When Ted Simonson's wife, Jan, was diagnosed with Alzheimer's in 1990 at the age of 56, he learned that laughter really is the best medicine.

"Someone once told me they didn't have much to laugh about at their house, but that's a difference in attitude," said Simonson, now 78. "It can be hard to keep laughter around,



*Ted Simonson relied on a positive attitude and the support of others while caring for his wife, Jan.*

but you have to work at it, just like you work at a marriage."

### Not an Easy Path

Though he's had a difficult journey – Jan died in 2002 at the age of 67, and his daughter, Pam, was diagnosed with Alzheimer's two years ago at the age of 50 – Simonson maintains a positive attitude.

How does he do it? In the words of the Beatles, he gets by with a little help from his friends.

"Friends and family are an important part of the support structure," Simonson said. "Especially friends who are not afraid to dive in and laugh with you. There are so many good things that come from being around people, instead of just withdrawing."

### Reaching Out for Help

It's this message that Simonson shares at the support groups he's attended since shortly after Jan was diagnosed. In September 2002, he and a friend, Harold Tompkin, began leading a men's support group


through the Alzheimer's Association. The group has grown from eight people to an average of 14 to 16 in attendance each month. In March 2009, he started a similar group at Trinity United Methodist.

It was through these meetings he learned just how important shared experiences are. Listening to the stories of people in situations similar to his helped him realize he wasn't alone.

"It was so freeing to talk about what was happening," he said. "People think they can handle it on their own, but most of us really can't."

### Lessons Learned

Along with a good sense of humor and equal parts patience and flexibility, Simonson's experience as a caregiver taught him the importance of not letting your own well-being fall by the wayside.

"For your own peace of mind, you have to take time for yourself," he said. "Respite is so important for both our physical and mental wellness." 

### Calendar of Events


Don't miss these two great plays produced by the Angels Theatre in collaboration with the Lied Center for Performing Arts. Both plays focus on caregivers and are presented in the Lied Center's Johnny Carson Theater.

- **Marvin's Room, by Scott McPherson**  
March 14, 15, 16, 17, 7:30 p.m.  
March 18, 2 p.m., 7:30 p.m.  
Ticket price: Adults: \$22, students: \$11 - Groups of 10 or more: \$15  
A hilarious and wondrous account of one woman's commitment to loving others first

and her belief that giving such love has made her life unbelievably rich, even as she faces her own death. "...the themes of death, love, duty, care and service are frugally intertwined in a play of considerable emotional resonance. Laughing one minute, we are shuddering with a stealthy empathy the next. Death has rarely seemed more interesting or love so complex." – *New York Post*

- **Daytrips, by Jo Carson**  
March 22, 23, 24, 7:30 p.m.  
March 25, 2 p.m., 7:30 p.m.  
Ticket price: Adults: \$22, students: \$11, Groups of 10 or more \$15

Simple daytrips become journeys of discovery for Patricia as she chauffeurs her mother and grandmother through the mountains of northern Tennessee. Along the way, the depth of her love, compassion, sense of humor and patience are put to the test by her mother's Alzheimer's and her grandmother's cantankerousness. This is a frank, funny and thought provoking look at the lot of caregivers and the folks they love and honor.

For more information, visit [liedcenter.org](http://liedcenter.org) or [angelscompany.org](http://angelscompany.org). Call 402-472-4747 for tickets. 





## Choose Lifeline for Peace of Mind

**A**dvancements in technology are making it safer than ever for older adults to remain in their homes. The Aging Partners Lifeline Service offers several options to provide peace of mind for both older adults and their families.

### Safety at the Push of a Button

Seniors are living longer and remaining in their homes; however, falls have become an epidemic problem that jeopardizes seniors' chances to live independently. Every year in the United States, one out of three people age 65 and older will fall.

The Aging Partners Lifeline Service provides fast access to a highly trained, caring response center associate at the push of a button, 24 hours a day, 365 days a year. Based on the subscriber's need, the response center associate will contact a pre-determined responder to check on the subscriber or summon emergency medical personnel.

Unlike many personal emergency service providers or home security businesses, Aging Partners Program Coordinator Carol Meyerhoff said the goal of the Lifeline Service isn't to offer this protection for a profit.

"Our primary mission is service driven," she said. "We strive to provide services that furnish older

adults with choices that support independent living and help maintain their quality of life."

### Why Choose Lifeline?

Because it's a local service, a technician can install Lifeline in an older adult's home within 24 to 48 hours of their decision to subscribe to the service. Aging Partners can provide maintenance, repairs and upgrades on an immediate basis.

Lifeline's advanced technology also alerts the Aging Partners Lifeline Service when your personal help button battery or back-up battery runs low.

"We will contact you to set up an appointment to change out the equipment, usually before you even know the battery is getting low," Meyerhoff said.

### Pick the Best Equipment and Accessory Option

#### Choose a Communicator:

##### Option 1: Lifeline Standard Communicator

It works with your existing landline telephone to provide a direct, two-way connection to the Call Response Center.

##### Option 2: Cordless Phone Communicator

It integrates 24-hour medical alert service into an easy-to-use cordless phone featuring a large display and enhanced sound quality.

#### Choose a Lifeline Personal Help Button (PHB):

##### Option 1: Lifeline Standard Personal Help Button (PHB)

This standard button includes the choice of a pendant or wristband-style Help Button. When help is needed, push the button at any time and to be connected with a Call Response Center associate.


##### Option 2: Lifeline with AutoAlert

The AutoAlert (PHB) is the only pendant-style help button that can automatically call for help if a fall is detected and the wearer is unable to push his or her help button. Lifeline with AutoAlert is designed to help reduce the risk of long lie times. The quicker help is received after a fall, the better the chances of retaining your independence and quality of life.

### Choose Peace of Mind

Of the approximately 13 million falls each year by older adults, more than half of them need assistance up. Meyerhoff encourages older adults to be proactive, rather than reactive, and to not wait for something to happen before choosing Lifeline.

"Too many people think it will never happen to them," she said. "Protect your independence and quality of life."

Call Aging Partners Lifeline at 402-441-8816 for additional information today. 

# WHAT DOES HEARING LOSS SOUND LIKE?

(WHAT DOES HEARING LOSS SOUND LIKE?)

It's difficult. When you have hearing loss, your ears may process only parts and pieces of words (toothbrush can become OO-BRU, for example)—so speech sounds garbled and strange. Having people speak louder can help, but it doesn't solve the problem.



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*Senior Corps volunteers and staff celebrate the signing of a proclamation that declares Sept. 19-23, 2011, as Nebraska Senior Corps Week. Photo courtesy of the State of Nebraska*

## Proclamation Honors Senior Corps Volunteers

**W**ith the stroke of a pen, the numerous older adults in Nebraska who selflessly volunteer thousands of hours each year were honored with a week of their own.

Senior Corps volunteers and staff from throughout the state, as well as Nebraska Lieutenant Governor Rick Sheehy, gathered to witness the Sept. 13 signing of a Governor's Proclamation slating Sept. 19-23, 2011, as Nebraska Senior Corps Week. The same week also is celebrated as National Senior Corps Week.

A "check," totaling \$20.8 million, was presented to Sheehy as a representation of the total amount of dollars given back by Senior Corps volunteers in Nebraska through a combined 1 million volunteer hours.

"On behalf of all of the Senior Corps project directors across the state, I want to thank the governor and lieutenant governor for being leaders that know the importance and vital role that volunteering in our state makes," said Julie Nash, the Hastings, Neb., RSVP/Foster Grandparent project director.

"Without volunteers, Nebraska would not be the great state it is to live in."

Senior Corps – which includes the Senior Companion Program, Foster Grandparent Program and RSVP – is administered by the Corporation for National & Community Service, the federal agency that supports service and volunteer programs to improve lives, strengthen communities and foster civic engagement.

Each of these programs make a huge impact on the local community. Lynette Carr-Girmus, FGP/SCP field supervisor, said 83 percent of Lincoln elementary students served by Foster Grandparent volunteers showed an increase in reading abilities during the last school year. And, according to FGP/SCP Project Director Elisa Stutheit, Senior Companion volunteers save an estimated 1 million dollars in health care costs every month within the Aging Partners service area by helping older adults remain safely in their own homes. **LW**

### Your Donations are Needed

In honor of Martin Luther King Day, Nebraska Senior Corps programs, including FGP and SCP will host a variety of projects.

Aging Partners Foster Grandparent and Senior Companion volunteers will host a canned food drive. Volunteers will bring non-perishable goods to their Jan. 12 in-service meeting, and these items will be donated to the local Food Bank.

This Martin Luther King Day of Service project is funded in part by the Corporation for National & Community Service, the federal agency that strengthens communities through service. For more information or to make a donation, please call 402-441-7026.

# The Benefits of Social Media

**S**ocial media — you may have heard about it and read about it, but what exactly is it? Social media is the use of technology to communicate, engage and interact with others. Traditional media such as television, radio and newspapers communicate by sending messages to an audience. Social media, such as Facebook and Twitter, are more of a conversation that takes place over time and space, and is all about participating in the discussion.

Email has been and continues to be a technology used by older adults to keep in contact with family and friends.

“Email is most like the familiar activity of writing and sending a personal letter to another person: one-on-one communication,” said Catherine Ward, who provides training and assistance to users of the Lincoln Downtown Center’s public access computers.

According to Ward, the benefits of using email are huge. It not only can be easier to type than write a letter by hand, the speed and frequency of response is much higher than paper mail.

And just as email has become a part of many older adults’ lives, social media is now coming to the forefront. In fact, the fastest growing demographic for Facebook is people age 50 and over. According to a survey conducted by the Pew Research Center’s Internet & American Life Project, social media use by Internet users over the age of 65 grew 100 percent from 13 percent in 2009 to 26 percent in May 2010.


The benefits of social media for older adults will vary with each user’s needs; however, according to

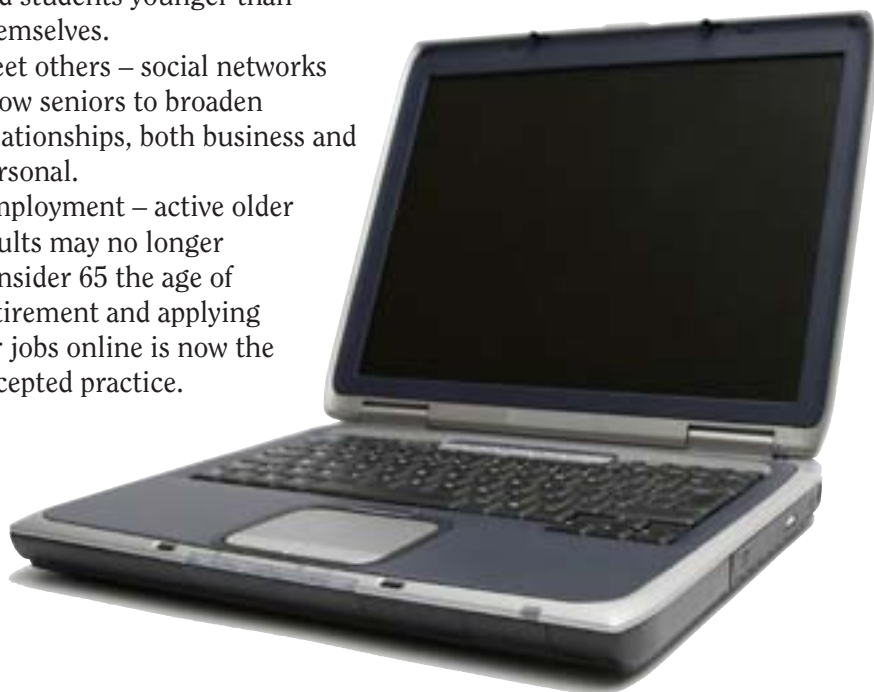
kommein.com, the top 11 benefits from social media usage are:

1. Keeping in touch – with children, grandchildren, other family members and friends while sharing videos, photos and accomplishments.
2. Research – learn about topics of interest, hobbies, health information and business ideas.
3. Getting answers to questions – rather than dealing with a phone menu that can be confusing, send a clear message with your question that can be answered in written detail.
4. Entertainment – find videos from the past, read articles and blog posts, play games with others online and, as result, perhaps be a little less lonely.
5. Start a new business.
6. Grow an existing business.
7. Learning – take courses and read books online.
8. Sharing – seniors have a wealth of life experience and can offer advice and mentor people and students younger than themselves.
9. Meet others – social networks allow seniors to broaden relationships, both business and personal.
10. Employment – active older adults may no longer consider 65 the age of retirement and applying for jobs online is now the accepted practice.

11. Take advantage of sales and online only specials – available only to Facebook or Twitter followers of a favorite brand or business.

As with any new-to-you technology, like learning to drive or using a cell phone, there will be a learning curve. Many organizations use Facebook to share information about programs, services and upcoming events. You can find Aging Partners on Facebook at [www.facebook.com/AgingPartners](http://www.facebook.com/AgingPartners).

If interested in learning more about how to benefit from social media or to receive training and assistance on the Lincoln Downtown Center’s public access computers, please call 402-441-7158 to schedule a time with Ward. 



# Medicare Offers Special Enrollment Period

**Y**our get out of jail free card has arrived. Beginning in 2012, the Centers for Medicare & Medicaid Services (CMS) will establish a Special Enrollment Period (SEP) to allow Medicare beneficiaries eligible for Medicare Prescription Drug (PDP) Plans or Medicare Advantage (MA and MAPD) plans to switch to a 5-star plan at any point during the year.

According to Houston Doan, insurance and financial counselor, since 2006, beneficiaries have been locked into the prescription drug plan chosen during open enrollment. Though typically not a problem, occasionally beneficiaries develop serious health issues and the plans they've chosen don't cover new prescribed medications.

"This gives our beneficiaries the ability to, at least one time during the year, look and see if there is an advantage to enrolling in one of the 5-star programs," Doan said.

The creation of this SEP is part of CMS' overall quality effort, combined with the quality bonus payment demonstration, to give plans greater incentive to achieve 5-star status.


Those eligible for this SEP include:

- Beneficiaries currently enrolled in any MA, MAPD or PDP plan (including those that already have a 5-star rating)

- Beneficiaries who are enrolled in Original Medicare and meet the eligibility requirements for Medicare Advantage

The summary star rating is provided by CMS prior to the Annual Election Period (AEP) and is effective for the following contract year, January - December. The summary rating is awarded on a calendar year basis.

The new SEP began Dec. 8, 2011. Effective dates for enrollments made under this SEP will be the first of the month following the month the enrollment request is received. Once an individual enrolls in a 5-star plan using this SEP, the individual's SEP ends for that plan year and the individual will be limited to making changes only during other applicable election periods. The 5-star rating SEP can only be used one time during the plan year.


"Since the inception of the law, insurance companies have been able to change coverage at their discretion," Doan said. "Our beneficiaries did not have the opportunity to react, and now they do. It levels the playing field, so to speak." 

## 2012 Medicare Costs

**A** new year means new Medicare pricing, including a Part B premium increase – effective Jan. 1 – due to a cost of living adjustment increase.

In 2012, the Part B premium will be \$99.90, with a \$140 deductible.

Upon entering the hospital, the Part A deductible will be \$1,156 per benefit period. The co-payments for days 61-90 will be \$289 per day. After 90 days – up to the lifetime reserve (150 days) – the cost will be \$578 per day.

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# Ruth McKinstry: A Life Spent Giving Back

**L**incoln's less fortunate witness the culmination of Ruth McKinstry's years of selflessness each time they line up for a warm meal at Matt Talbot Kitchen and Outreach.

## **Ingrained in Her Spirit**

The value of helping others was instilled in McKinstry at a young age. She watched and learned as her grandmother, Addie, and mother, Isadore, went out of their way to help friends and neighbors.

"They were a great influence on me because they were the type of people who would do anything for anybody," McKinstry said. "We didn't have a lot, but we always tried to share what we did."

Her strong religious upbringing also has a profound effect on her outlook on life and increases her need to extend her help from acquaintances to people she doesn't know.

"I love Jesus, and I know this is what he wants me to do," she said. "I just feel so sorry for the homeless and needy, and I want to do everything I can to help them."

## **Where It All Started**

Nineteen years ago, on Sept. 6, 1992, McKinstry and founder Mary Costello were present when Matt Talbot's first meal was served. About 25 homeless and needy Lincolniters enjoyed the meal that Saturday night, a far cry from the average 150 meals now served each day.

The idea began with Costello, a member of the Lincoln Diocesan Council for alcohol and drug rehabilitation. Also a member of Calix, a Catholic organization comparable to Alcoholics Anonymous, Costello wanted to help homeless alcoholics find the road to recovery.

After deciding a warm meal might be an enticing incentive, she began posting notices in church bulletins. It was this call for volunteers to help prepare and serve meals that brought McKinstry on board.

Costello and McKinstry oversaw four teams that served a supper meal each Saturday night at Daywatch, another service organization

dedicated to helping the homeless. The building, located at 1911 R St., didn't have a kitchen, so the meals were prepared at home before they were brought in and served.

As more volunteers joined the cause, additional days of the week were added until, in November 1993, a supper meal was served every night of the week.

Matt Talbot launched its first major fund drive in 1993. In January 1995 the first meals were served in the newly installed kitchen. That same year, a lunch meal was added on Saturdays and Sundays.

Funds allocated through the Witness to Hope Campaign, launched in 2008, made it possible for Matt Talbot to open its doors in April 2010 to its new facility, located at 2121 N. 27th St.

The need may have grown – 94,698 meals were served in 2010, compared to the 13,571 served in 1993 – and the location may have moved, but not much has changed with how meals are served. Just like the first meal served nearly 20

years ago, each team of volunteers is responsible for furnishing their meal. Volunteers can either purchase the meal themselves or locate donations. Teams are responsible for cleaning up after their meal, too.

"It's the same concept, just a shiny new building," McKinstry said. "Looking back, there's no way I could have imagined it would have developed into this. It's just overwhelming and amazing."

Even through its renovations and move, McKinstry is proud to report not a single meal has been missed. The only two meals not served at Matt Talbot are lunches on Easter Sunday and Thanksgiving, because both are served elsewhere in the city.

### Where There's a Need, There's a Way

As more community members become aware of Matt Talbot, the kitchen has seen an increase in donations. Often, when food is leftover from a meeting or function – whether it's donuts or pizza – someone will unexpectedly drop by and donate it. And sometimes, these gifts come in the nick of time.

"There have been so many incidents when we have been just about ready to run out of food, and someone will walk in the door with a donation," McKinstry said. "It

happens more than you can imagine, and we're so grateful."

### Teaching the Next Generation

Addie and Isadore's lesson of generosity hasn't ended with McKinstry. She, in turn, has passed the civic responsibility onto her own kin, including her four children, 12 grandchildren and 17 great-grandchildren.

The clan takes turns serving on the family team, responsible for lunch every fifth Saturday. Family members drive from Omaha, Beatrice, Fairbury and Lincoln to participate.

"I hope the experience teaches my family to be aware that all people are not as fortunate as they are," McKinstry said. "They need to be aware of the needs others have, and they need to respond to those needs."

### No End in Sight

Though McKinstry has done more than her fair share for Lincoln's less fortunate, the 83-year-old remains a staple at the kitchen.

After serving as volunteer coordinator from 1992 to 2002, she continues to spend every Saturday and Sunday at Matt Talbot. Her weekends are filled with tracking donations and meals and visiting with the friends she's made, both volunteers and homeless alike.



Ruth McKinstry

"It always is one of my greatest pleasures to mingle and visit with the guests and to witness the devotion of our volunteers who serve them," McKinstry said. "Without our dedicated teams of volunteers, the kitchen simply could not function."

Along with her family team, she volunteers on three additional teams and serves on Matt Talbot's Board of Directors.

"My kids keep asking me if I know what the word retire means," McKinstry said, "But I have no plans for quitting. I just love it too much." LW

### Who is Matt Talbot?

Matt Talbot Kitchen & Outreach takes its name from the Venerable Matt Talbot, who lived from 1856 - 1925.

Born in the poverty of Dublin's inner city, Talbot began drinking at 12 years old. At age 16, he decided to overcome his alcoholism with help from a priest. Through prayer and sacrifice, Talbot found sobriety and

remained sober until his death 40 years later.

The church decided that, from a human point of view, he had the qualification of a saint and declared him Venerable in 1975. According to the church, the Holy Father believes Talbot was chosen by God as a model for addicts.

The rehabilitation program given to him in 1884 incorporated

the 12-step program of Alcoholics Anonymous, which was not founded for another 50 years.



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## Harold's Story

### *The 'Day Pass'*

Harold's Story is our way of sharing the future One Campus vision with our readers. We have been following a small town widowed farmer in rural Nebraska as he moves through the changes in his life that aging often brings. In these stories, Harold lost his wife when he was in his 70s. He also nearly lost his independence when his only child, a daughter that lived in an adjacent state, became worried about him.

We have placed Harold in a timeframe that includes the One Campus in its fully developed state. We can describe, through Harold, the impact of the plans Seniors Foundation has for the One Campus; what it means to our community and to people served by Aging Partners.

You might remember, in the last issue, Harold was looking into being able to visit this "One Campus outfit I keep hearing about." Since the One Campus became fully operational the demand for services there had increased significantly enough that a transportation system had been developed to allow weekly trips into the campus from various locations in the counties that Aging Partners serves. Folks could choose from a half day or full day visiting option which allowed for lunch at the One Campus Senior Center.

The One Campus Senior Center was designed more like a cafeteria. Those that normally qualified for lunches at their local senior center would be welcomed here just as they were at their home center. At the same time, the One Campus Senior Center also served the general public and offered more than lunch.

The Day Pass was an easy way to try out this

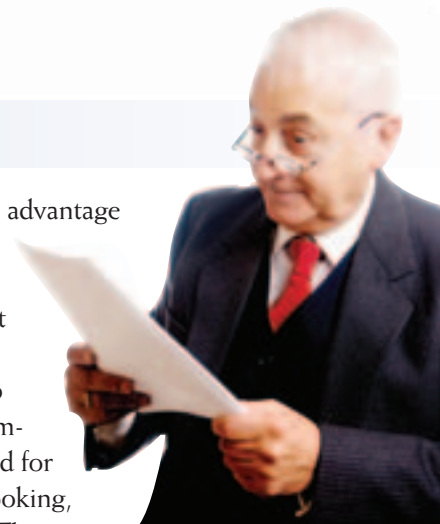
new Senior Center and also take advantage of other opportunities on the campus. Folks who wanted to visit the campus would gather at their local senior center in the morning and be transported into Lincoln, directly to the One Campus. The half day choice allowed for enough time to take a class in cooking, computer training, or exercise. There would be time for lunch and then a ride home. The full day pass allowed for participation in other programs on the campus, take in a movie at the auditorium, visit one of the service providers on campus, or pick up other transportation to one of the shopping malls. When the weather is appropriate, there is ample time to sit at one of the outside benches and take in the campus scenery. Late afternoon would find folks returning home.

When Harold reviewed the choices of activities and services that were available at this campus through Aging Partners and other agencies and businesses, he wasn't real sure about this place. Some of these activities were listed as being free, some at such low prices that Harold began to believe that there was some sort of gimmick involved with this campus.

He emailed his daughter all the information, sent her website addresses that listed activities and asked for her opinion. "Is this the real deal?" was the question he often repeated to his daughter over the phone.

Finally, his daughter convinced him to at least

*(continued on page 2)*



*Harold studies his options with some doubts.*

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## Letter from the President

If you have read the November 9th, 2011 edition of the Journal Star, you know the good news is out for Seniors Foundation. There is a lot of excitement about town. The Veteran Administration Medical Center held their Town Hall Meeting and notified the VA employees and the general public that Seniors Foundation will be granted an Extended Use Lease of the fifty-eight acre site at 600 South 70th Streets, here in Lincoln, Nebraska. Seniors Foundation is unique as being the only non-profit to partner with Veterans Affairs in a development of this size.

This partnership has allowed Seniors Foundation staff to move from their downtown location to the VA Medical Center site. This new relationship will also facilitate a future Senior Center and Aging Partners administration and services to be located on the site.

The lease cost to Seniors Foundation is the building of a new Veterans Affairs Clinic. The VA is prepared to provide \$10 million toward an 80,000-square-foot facility that will continue to provide Outpatient enhanced services for our Veterans who use the VA system. The redevelopment of the Clinic may occur within 18 to 24 months pending government approval.

Additional information, financing and other details will not be available until after the full Extended Use Lease has been signed between Seniors Foundation and Veterans Affairs.

Seniors Foundation Board of Directors will be working hard to make sure all the plans fall into place. There will be many decisions to make over the next few months regarding who the developers/builders will be and what part of campus will be developed first. As we begin to move through the process, it has been determined that the green space along 70th Street will be preserved as will all the historic homes located on this site. The old VA Hospital will eventually become offices for Aging Partners and other non-profits and affiliated business that provide goods and services for older adults. A Welcome Center, the client access portal for Aging Partners, will be the only new construction attached to the former hospital building. Truly, this site will fulfill our One Campus concept!

I know you all share our joy in this exciting news, and I am confident that you will support us as we bring this wonderful development to fruition.

Helen E. Griffin



Helen E. Griffin  
Seniors Foundation  
Board President

*Seniors,  
the foundation  
of our community*

## Harold's Story (continued)



Harold gets his first  
Day Pass!

try the day pass and sign up for a reduced price exercise class. She really thought he should try the Tai Chi class. "The what?? What the heck is that?" was Harold's reply.

The manager at his local Senior Center was able to help show him what Tai Chi was through a YouTube clip on the Center's computer. She was also able to provide information to Harold about the many health benefits of Tai Chi.

Harold was more than skeptical, but over the years Aging Partners, through his local Senior Center, had managed to teach him many things that he thought that he would never do. He had learned to cook, how to live with and control his

high blood pressure, and more than anything, he learned how to navigate the internet safely for information, communication and individualized access to the professionals in his life.

OK...so maybe this Tai Chi thing was something else he could learn.

Still, even after much urging from his Senior Center manager and daughter to spend the day at One Campus, Harold chose the half day pass option. He was concerned that he would have to sit around all day. "Can this place really offer that many things to do?"

Stay tuned for Harold's continuing adventures with The 'Day Pass.'

## Executive Director's Letter

Seniors Foundation has relocated! Our new address is 600 South 70th, Building 7, Lincoln, Nebraska 68510. Our phone number has remained the same, 402-441-6179. I won't say that we are fully settled but we certainly feel at home.

Our move symbolizes the initiation of a new era for Seniors Foundation in the development of the VA site on south 70th street. We are in the final stages of negotiating the agreement with Veterans Affairs.

A new entity, Seniors Foundation VA Vision, LLC, under the oversight of Seniors Foundation, has been created for the express purpose of managing the site development. This allows Seniors Foundation to continue its focus on raising funds in support of the programs and services of Aging Partners. Seniors Foundation's Board of Directors has adopted a set of immediate tasks to fully activate the new entity, nicknamed simply VA Vision. The eight-member committee to work with this entity has been named and its meeting schedule has been set. By the time you read this letter further structure and task accomplishment will certainly be in place.

Our vision of this campus is that it will become a destination for health and wellness, a research campus for issues of aging and veterans military service. This campus will maintain the beautiful vista that has become a tradition to the City of Lincoln. The front grounds, with its array of trees, will continue to provide tranquility but it will not be without its own activities. Within our vision are walking paths, park benches, gazebos, and open-air concerts. This will be a campus where people gather for services, education, shopping, entertainment, dining, and camaraderie. We see it as becoming one of the jewels in the crown of our City.

We will need your help to make all of this happen. As we move forward, there will be opportunities for the public to engage in the rich future of this site through generous and impactful gifts. If you are interested in a naming opportunity or further details in how you can be part of an effort that will change the face of Lincoln, please contact me at 402-441-6179. Let us, you and me meet, and talk about the future of these 58 acres and their influence on all the citizens of this community and the region.



*Diane Rolfsmeyer,  
Executive Director,  
Seniors Foundation*

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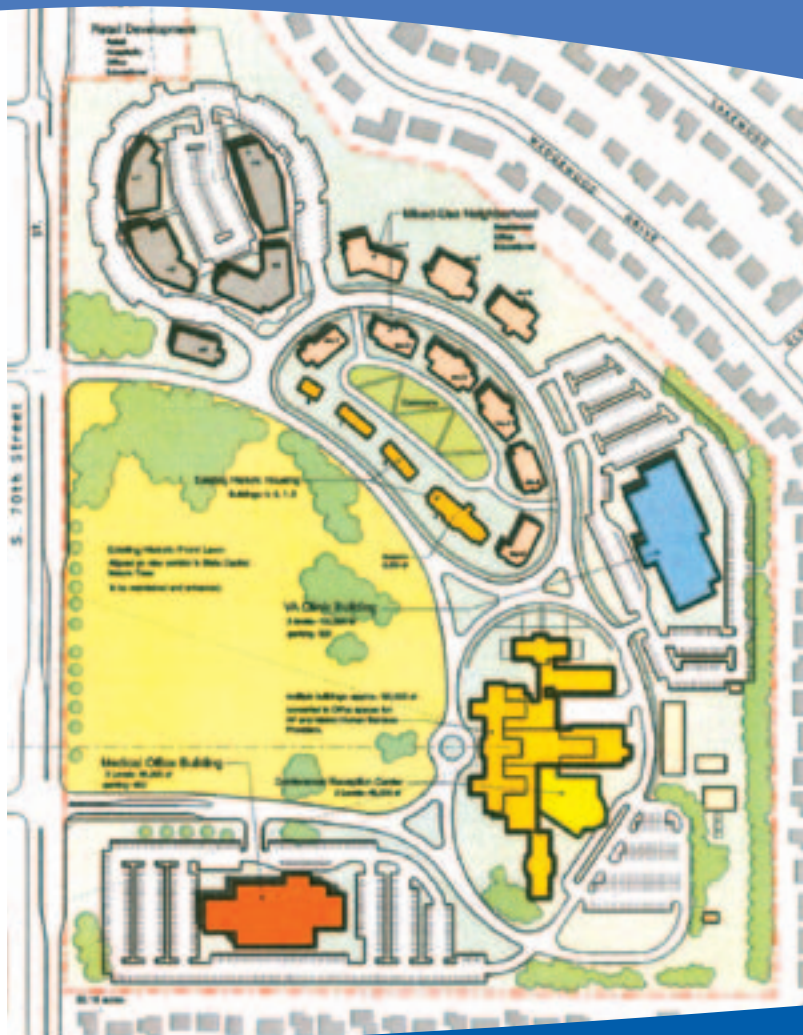


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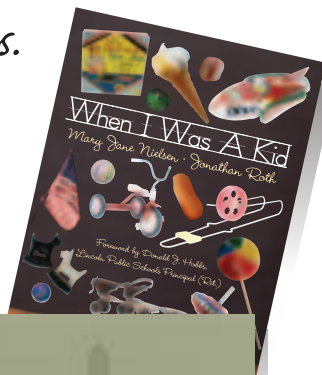
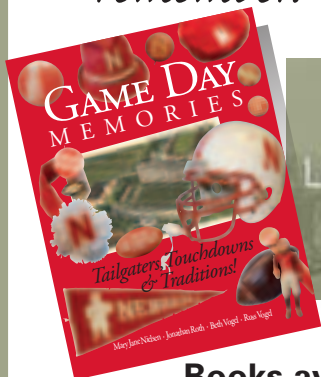
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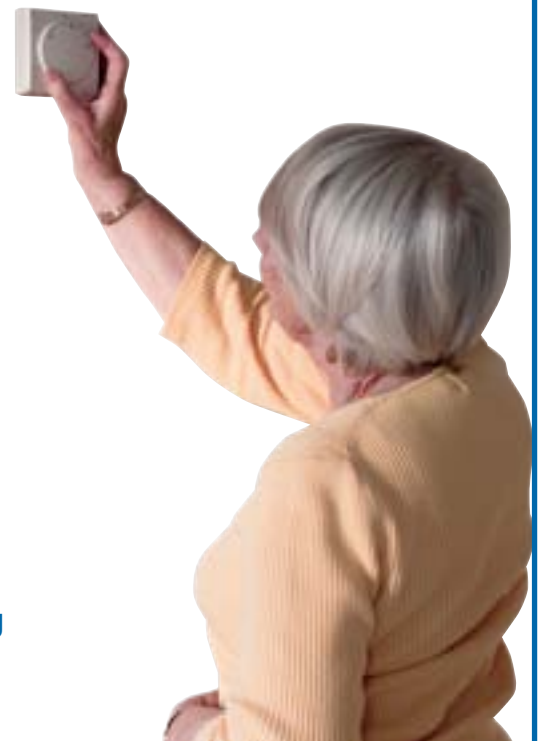


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# Aging Partners Welcomes Miller, Olson

**A**ging Partners welcomed two new members to the team in October: Dave Miller, responsible for new business development, and Zoe Olson, who will supervise marketing and public relations.



*Dave Miller*

## **Dave Miller**

Miller, who joined Aging Partners Oct. 6, received a bachelor's degree in urban and regional economics and a master's degree in community and regional planning from the University of Nebraska-Lincoln.

A Certified Economic Development Finance Professional and a past recipient of the Strategic Partnerships Award from the National Development Council, Miller has more than 25 years of community economic development experience throughout Nebraska.

He also has experience in caregiving, guardianships, hospice care and the ever-growing needs of older adults.

"When a family crisis occurs, sometimes the family advisor or caregiver on the other end of an 800 number from an elder service agency is your only source of hope or direction," Miller said. "I've been on the other end of that

same 800 number, and my family is very grateful to agencies like Aging Partners. It's a wonderful opportunity to give back to the same people who helped my family."

A lifelong Lincoln resident, Miller will develop partnerships between Aging Partners and the Lincoln business and health community. He believes Aging Partners is a strategic partner for everyone in the Lincoln community.

"From a business perspective, our goal is to help families and their loved ones lead an independent and full life in the comfort of their home," he said. "We want to further advance Aging Partners as Lincoln's leader in health care and quality of life services, it's our business — it's everyone's business."



*Zoe Olson*

## **Zoe Olson**

Olson, who majored in advertising and received a bachelor's degree in journalism from UNL, has more than 25 years experience in marketing, public relations and communications. She joined Aging Partners Oct. 24.


Olson most recently served as executive director of the Nebraska Wheat Growers Association and worked for the Department of

Health & Human Services in the communications and legislative services office, with a primary focus on social media outreach. A Nebraska native, she has personal experience in caregiving, hospice care and the needs of aging adults.

One of Olson's favorite anecdotes is about Studs Terkel and a reporter on the occasion of Mr. Terkel's 90th birthday. The reporter asked, "Who would want to live to be 90?" and Mr. Terkel replied, "Everyone who's 89."

"I believe no one sees themselves as old," Olson said. "However, if we're lucky enough to wake up each morning, we're all aging. I'm excited to work for the benefit of one of the largest growing segments of our society. The opportunity to learn what issues I'll be facing on my aging journey is a bonus."

In addition to directing the marketing and public relations activities for Aging Partners, Olson will serve as publisher, editor and advertising director for *Living Well* magazine and as producer of Live & Learn and other programs of interest to older adults on Lincoln's public-access cable channels 5 City-TV and Channel 10.

"My goal is to effectively communicate to the citizens of Aging Partners' eight-county service area that this is THE place to receive information on aging services and exactly how those services can help each and every one of us live as independently and with the best quality of life possible," she said. 

# Only Smooth Rides with Rural Transit

What could be better than affordable transportation within Lancaster County? A friendly smile behind the wheel. Each time they sit in the driver's seat, Bonnie Clough and Dell Spier strive to make the ride an enjoyable experience for their passengers.

Carol Meyerhoff, Aging Partners program coordinator, said both Clough and Spier are the type of driver any transit service strives to hire and retain.

"Drivers probably aren't seen by most folks as heroes, but for a first-time rider who may be reticent to try a new transportation service, they are," she said. "Negotiating a new form of transportation can be a scary proposition, but once they ride they realize the love and support provided by both drivers and instantly become comfortable with the service."

## A Passion for the Road

Clough, with six years of experience as a driver for Lancaster County Public Rural Transit and eight years as a bus driver in Lincoln, feels most at home on the road.

"I like to drive," she said. "I enjoy watching the countryside come awake in the spring and go to sleep in the fall."

As beautiful as the scenery can be, the most enjoyable part of her day is the precious cargo she transports. Clough has grown close with her passengers and learned their individual preferences, including knowing who needs help boarding the vehicle and who would rather handle it on their own.



*Drivers Bonnie Clough and Dell Spier strive to make the journey comfortable for each of their passengers.*

"I love my job and my passengers," she said. "I look forward to going to work every day."

## Providing a Smooth Ride

Spier, who has been driving for Aging Partners Transportation Services for about a year, makes it a priority to accommodate his passengers as much as possible. Whether it's helping them board, securing their seat belt or loading their belongings, Spier is at their service.


"I want to make them as comfortable as possible," he said. "I don't want them to think of me as a stranger, but as a companion there to help them."

For many of Spier's passengers, a ride on his vehicle is an exciting outing that allows them to utilize the city's resources and stay connected with friends and family.

"This is their day out," he said. "We laugh and joke and try to make it fun for them as best we can."

## Ready to Ride

Lancaster County Public Rural Transit connects riders from Lincoln to destinations in rural Lancaster County at the low cost of only \$2 per one-way ride. The service also provides transportation from the rural communities and residences into Lincoln with in-town transfers available for multiple-stop trips for just \$2 per transfer.

Call 402-441-7031 to schedule a ride at least one business day in advance of your trip. Rides can be scheduled Monday through Friday from 8 a.m. to noon, and 1 p.m. to 3:30 p.m. 

# Show Your Heart Some Love

**T**he Heart Truth® is that heart disease remains the No. 1 killer of women – regardless of race or ethnicity. To spread awareness and encourage women to make healthy lifestyle choices, the Heart and Stroke Foundation launched *The Heart Truth*® campaign.

## The Facts

Often called “heart disease,” coronary artery disease (CAD) is one of many cardiovascular diseases, or diseases of the heart and blood vessel system.

In 2007, 306,000 women – or one in four – died from heart disease. As frightening as these numbers may be, the good news is that it’s preventable in many cases: women can lower their risk by as much as 82 percent by leading a healthy lifestyle.

Community Health Educator Tracie Foreman knows from personal experience just how powerful knowledge can be. Her mother, Carroll Jones, passed away from heart disease at the age of 57.

“Women’s symptoms are very different from men’s,” she said. “It’s so important to recognize the symptoms early on, get to the doctor and openly communicate with him or her about what you have been experiencing. It took my mom’s death to make me proactive about my own health.”

## Stop Heart Disease in its Tracks

To help prevent heart disease and promote a heart healthy lifestyle:

- Follow a heart healthy eating plan to prevent or reduce high blood pressure and high blood cholesterol and maintain a healthy weight.
- Increase your physical activity.
- Lose weight.

- Quit smoking.
- Know your numbers – blood pressure; blood glucose, BMI, etc.
- Learn to cope with and reduce stress.


Once developed, heart disease can be managed, but it can’t be cured.



(R) The Heart Truth, its logo, and The Red Dress are registered trademarks of HHS.

## Ready to Learn More?

Foreman will be educating women about the importance of heart health through 45-minute presentations at senior centers, churches and civic groups.

For more information, or to schedule a visit from Foreman to your group, call 402-441-7575. 

Join the Aging Partners Health and Fitness Center – 233 South 10th, Suite 101 – on Thursday, Feb. 2, 2012, for a Heart Truth Celebration:

- 9 a.m. - 1 p.m. - Free blood pressure, finger stick cholesterol and glucose screenings by the University of Nebraska Medical Center College of Nursing.
- 9:30 a.m. - Kettle Bell Demonstration
- 10 a.m. - Eat Your Heart Out With Healthy Choices by HyVee Registered Dietitian Marcia Wallen. A brief discussion of simple changes to make your meals heart healthier. Marcia will demonstrate a healthy no-bake cookie for participants to sample.
- 11 a.m. - Tai Chi Demonstration
- 12 p.m. - Chair Yoga Demonstration

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# Exercise Your Right for a Long Life

**A**ging Partners is teaming with the National Institute on Aging to offer *Go4Life*™, a campaign designed to help older adults fit exercise and physical activity into their daily lives.

“We are well aware that exercise and remaining physically active is one of the most important things you can do to stay healthy as you age,” said Health and Fitness Coordinator Peggy Apthorpe. “We are excited for the opportunity to partner in this national campaign.”

Despite the proven health benefits, exercise and physical activity rates remain low among older adults. Approximately 30 percent of people age 45 to 64 engage in regular leisure time physical activity. Of those age 65 to 74, only a quarter report the same, and the number drops to only 11 percent for adults age 85 and older.

Benefits of exercise for health and aging include:

- One study found that moderately fit women and men had a 50 percent lower risk of type 2 diabetes, hypertension, coronary heart disease, obesity and some cancer when compared with their low fit peers.
- A clinical trial of people age 60 and older with knee osteoarthritis found that those who participated in aerobic or resistance exercise programs reported less pain and better function than those in the group assigned to a health education program.
- Results from the NIH sponsored Diabetes Prevention Program found that people over age 60 at high risk for diabetes reduced their risk by 71 percent by adopting a moderate exercise routine and low-fat diet.




*John and Ardell Nance increase mobility and gain strength and endurance by working out two days a week with Certified Personal Trainer Judy Pfeifer.*

The Aging Partners Health & Fitness Center plans to make *Go4Life*™ the theme of its annual fitness challenge, held Jan. 23 - March 16. Registration is only \$2.

Visit the center and/or participate in a tai chi or yoga class two times per week during this time period and earn an Aging

Partners Health & Fitness T-shirt and a *Go4Life*™ exercise DVD. To be eligible for a prize drawing, visit or participate three times per week.

For more information, call 402-441-7575. 

## Reasons to Schedule a Visit with Aging Partners' Dietitian

**A** registered dietitian can serve as an integral part of your health care team, especially if you have diabetes, cardiovascular problems or high blood pressure. Registered dietitians can help safely change your eating plan without compromising taste or nutrition.

Consider scheduling an appointment if:


- You have digestive problems. A registered dietitian will work with your physician to fine-tune your diet to prevent

aggravating your condition with fried foods, too much caffeine or carbonation.

- You need to gain or lose weight. A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.
- You are a caregiver. A registered dietitian can help with food or drug interaction, proper

hydration, special diets for hypertension and changing taste buds as you age.

- You want to eat smarter. A registered dietitian can help you sort through misinformation, learn how to read labels at the supermarket, discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.

Call 402-441-7159 to schedule an appointment. 

## American Dietetic Association Becomes Academy of Nutrition and Dietetics

**T**he American Dietetic Association, the world's largest organization of food and nutrition professionals, changed its name effective January 2012 to the Academy of Nutrition and Dietetics.

ADA, whose highest priority is protecting the public's health, has been in existence since 1917 when it worked to feed the troops healthfully during World War I.

"Our new name complements our focus: the nutritional well-being of the American public," said Association President Sylvia Escott-Stump said. "It promotes the strong science background and academic expertise of our members, primarily registered dietitians. Nutrition science

underpins wellness, prevention and treatment."


An academy is a society of learned persons organized to advance science, a term which Escott-Stump said describes the Academy of Nutrition and Dietetics and immediately emphasizes the educational strength of its advice and expertise.

"By adding nutrition to our name, we communicate our capacity for translating nutrition science into healthier lifestyles for everyone," she said. "Keeping dietetics supports our history as a food and science-based profession. Thus, the Academy of Nutrition and Dietetics quickly and accurately communicates our identity—who



we are and what we do."

The Academy of Nutrition and Dietetics' award-winning website remains [www.eatright.org](http://www.eatright.org), and the colorful Eat Right logo will stay a part of the organization's graphic identity.


"While our name is changing, we still have the same mission, the same powerful Eat Right message, and are still bringing the same quality nutrition advice to the table as we have for nearly 100 years," Escott-Stump said. "The field of nutrition has changed in this century, and we're evolving to meet these needs—as the Academy of Nutrition and Dietetics." 

## Protein is Power

**P**rotein should be a staple in every meal, especially for older adults recovering from surgery or an injury.

Denise Boyd, Aging Partners division administrator, learned the importance of protein in seniors' diets while attending the session "Protein Intake and the Preservation of Muscle Mass in Aging" at a Nebraska Dietetics Association meeting.

According to Douglas Paddon-Jones, PH.D, older adults lose three times more muscle mass than young adults while on bed rest. Once there is muscle loss, additional problems begin to arise: less lean body mass; reduced strength and power; slower walking speed; an increase in fat mass and visceral fat; and an increased risk of type 2 diabetes, insulin resistance, falls and fractures.

According to Dr. Paddon-Jones' research, regular sources of dietary protein throughout the day can improve muscle synthesis and forestall the aforementioned cascade. It's critical to include a good source of protein in each meal. 



## How Sweet It Is

**C**hocolate lovers rejoice! A recent review of previously published studies is adding weight to the claim that chocolate is good for the heart. Taken together, five of seven studies included in the review published August 2011 in the *British Medical Journal* linked high chocolate consumption with a 37 percent reduction in cardiovascular disease risk, a 31 percent reduction in diabetes risk and a 29 percent reduction in stroke risk when compared to low chocolate consumption.


Researchers from the University of Cambridge observed this even when factors such as age, diet, physical activity, body mass index and smoking were controlled for in the more than 114,000 subjects. But, due to the observational nature of the studies, the reviewers did stop short of concluding that chocolate itself makes people healthier.

Dr. David Katz, director of medical studies in public health at Yale University, noted the research shows an association and not the



root cause: "... what if happier people eat more chocolate, and are at lower cardiometabolic risk because they are happier?"

The review does support chocolate as a healthful indulgence – in moderation, of course.

What type of chocolate and what amount needed to yield the protective effects is still being researched. Scientists believe the health promoting benefits in chocolate are the flavonoids extracted from the cocoa bean, the content of which is higher in dark chocolate than white or milk chocolate varieties. Look for chocolate that has 60 percent or higher cocoa content to reap the health benefit and, of course, enjoy a portion to savor. 

### Cocoa Dusted Almonds

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 1/2 cups whole almonds        | 5 teaspoons sucralose*           |
| 2 Tablespoons margarine, melted | 1/4 cup unsweetened cocoa powder |

Combine all ingredients in a large plastic bag and shake until almonds are coated. Pour onto baking sheet sprayed with non-stick spray. Cook in 350 degree oven for 10 minutes. Other nuts could be used if preferred.

\*If you prefer to use a natural sugar, try powdered and you may need more to attain the same sweetness.



# March is National Nutrition Month

**E**ach March, the professional organization for dietitians sponsors a monthlong observation of the benefits and joys of good eating and nutrition to health. This will be the first year the National Nutrition Month® will be sponsored by the Academy of Nutrition and Dietetics.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and


nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

The 2012 National Nutrition Month theme is “Get Your Plate in Shape.” The theme recognizes the importance of making informed food choices and developing sound eating and physical activity habits.

Check with your local senior center for exercise class schedules or check out the exercise classes broadcast on channel 5. The Aging Partners Health & Fitness Center also has exercise program dvds available. Call 402-441-7575 to find out availability and pricing.

The new My Plate eating guide



can be found at [www.choosemyplate.gov/](http://www.choosemyplate.gov/) or call 402-441-7159 to request an informational flier. 

## It's a SNAP

### Updated Qualification Guidelines

**T**he Supplemental Nutrition Assistance Program – formerly known as the federal Food Stamp Program – is the largest nutrition assistance program administered by the U.S. Department of Agriculture (USDA).

Do I Qualify for SNAP?  
Household Size Gross (total earnings) Monthly Income

- |   |         |
|---|---------|
| 1 | \$1,180 |
| 2 | \$1,594 |
| 3 | \$2,008 |
| 4 | \$2,422 |
| 5 | \$2,836 |
| 6 | \$3,249 |
| 7 | \$3,663 |
| 8 | \$4,077 |

For each additional member, add \$414. 

### Pumpkin Chocolate Brownie Cake

- |  |                                |
|--|--------------------------------|
| 1/4 cup buttermilk                     | 1/2 teaspoon ginger            |
| 1 cup whole wheat pastry flour         | 1/2 teaspoon nutmeg            |
| 1 teaspoon baking powder               | 1/2 teaspoon salt              |
| 1/2 teaspoon baking soda               | 1/2 cup pumpkin puree          |
| 1/3 cup granulated sugar               | 1/4 cup unsweetened applesauce |
| 1/3 cup packed brown sugar             | 3 tablespoons canola oil       |
| 2 tablespoons unsweetened cocoa powder | 2 teaspoons vanilla extract    |
| 1 teaspoon cinnamon                    | 1/3 cup chocolate chips        |

Heat oven to 350 degrees and spray an 8-inch baking pan with nonstick spray. In a large bowl combine flour, baking powder, baking soda, sugars, cocoa, spices and salt. Whisk pumpkin puree, applesauce, oil, vanilla and buttermilk together. Fold wet ingredients into dry, but don't over mix. Spread batter in prepared pan and sprinkle with chocolate chips. Bake 25 minutes or until toothpick inserted in the center comes out clean. Cool, cut into 8 servings (4x2) and remove from pan.

## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

## Planning Ahead

### FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
  - **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
  - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

## Staying Involved

### VOLUNTEER!

- **Foster Grandparent Program** ▲ 402-441-7026
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County. ▲ 402-441-7158





## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System**  
- 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures.  
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit**  
- Scheduled transportation to and from Lincoln and rural Lancaster areas.  
Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** -  
Listings available at 402-441-7070

### LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov).

### LIVE AND LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov).

## MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Maureen Stearns, 402-764-8227
- **Saline Eldercare**  
Amy Hansen, 402-821-3330
- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

## CARE MANAGEMENT

**All Counties: 800-247-0938**

**Aging Program Coordinator,  
Donna Mulder**

- **Butler County**  
Becky Romshek, 402-367-4537
- **Fillmore County**  
Rhonda Stokebrand, 402-759-4922
- **Polk County**  
Amy Theis, 402-747-5731
- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**  
402-362-7626

## SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

**402-441-7070**

In Nebraska **800-247-0938**

**[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)**



# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or email her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners Health & Fitness Center

Monday through Friday  
8 a.m. - 4 p.m.  
233 S. 10th St., Suite 101

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 suggested monthly donation for 60-plus; \$15 for 60 and under.

### Senior Health Promotion Center

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara Bone Density screenings and health education.

The clinic is open on the lower level of the Downtown Center most Wednesdays and Thursdays (Please note the change in days.). Call 402-441-7575 for information and fall schedule. Contributions accepted.

### Free Nutrition Consultations

Do you have questions about how to adjust your diet for sodium, saturated fat, calories, carbohydrates, whole grains, omega-3 fatty acids or fiber? Free nutrition consultations are offered by our registered dietitian in the counties of Butler, Fillmore, Lancaster, Saline, Seward, Polk and York. Call 402-441-7195 to schedule a personal appointment.

### Chair Yoga

Jan. 20 - March 9  
Fridays, 12:30 - 1:15 p.m.  
Lincoln Yoga Center,  
2127 Winthrop Rd.

This gentle class is designed for people beginning or getting back into their yoga practice. Gentle stretching movements are done on or near a chair. Breathing and relaxation are included. \$32 suggested contribution for eight-week session or a \$40 fee for 60 and under.

### Free Yoga and Stress Management

Wednesdays, 10 - 11 a.m.  
233 S. 10th St., Suite 101

This gentle class is designed for caregivers and others looking for ways to manage stress in their lives.

### Tai Chi Moving for Better Balance

Jan. 10 - March 30  
This is a 12-week fall prevention program. Gentle, easy Tai Chi

movements that enhance core strength, balance and flexibility. \$24 suggested contribution or \$48 fee for 60 and under.

### Free Senior Fitness Test

Thurs., Jan. 12

9 a.m. - 2 p.m.

233 S. 10th St., Suite 101

This safe and enjoyable test assesses the functional fitness of adults 60-plus in 30 minutes or less. Participants receive valuable information about their strengths and areas in need of improvement. They also learn simple exercises to do on their own at home or at a fitness center. Talk with the Health & Fitness staff or call 402-441-7575 to schedule an appointment.

### Aging Partners Fitness Challenge

Jan. 23 - March 16

Visit the Health & Fitness Center and/or participate in Tai Chi or Yoga classes two times per week during this time period and earn an Aging Partners Health & Fitness T-shirt and a *Go4Life*™ exercise DVD. Visit or participate three times per week and be eligible for a prize drawing. \$2 registration fee.

Call 402-441-7575 and talk with Health & Fitness staff today.

### Living Well –

#### Take Charge of Your Health

- Feb. 14 - March 20 (Snow date: March 27)  
Tuesdays, 9:30 - 11:30 a.m.  
South Haven Living Center  
1400 Mark Dr., Wahoo  
Call Candi Johnston at 402-443-3737 for details.



- Feb. 21 - March 27 (Snow date: April 3)  
Tuesdays, 10 a.m. - noon  
Milford, location TBA  
Watch for announcements at your senior center!

This free series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. Tuition for classes is paid by a grant from Nebraska Health and Human Services.

### Educational

#### Caregiver Education Group

1:30 - 3:30 p.m.

Saint Paul United Methodist Church,  
1144 "M" St., Room 145

Parking is available under the church. Enter from 11th street.

- Tues., Jan. 24  
Enlighten – A New Light on Depression for Older Adults: Learn signs and symptoms of depression, diagnosis and treatment. Linda Stevenson, Aging Partners Caregiver Support Program.
- Tues., Feb. 28  
Living Well on a Shoestring: Learn how you can improve your relationship with budgeting. Tracie Foreman, Aging Partners Health & Fitness Program.
- Tues., March 27  
When and How To Ask for Help: Learn how to graciously accept what is genuinely offered. Lindy Bixler, Family Medical Mental Health Practitioner.

#### Caregiver Support Group

7 - 9 p.m.

Madonna Rehabilitation Hospital,  
5401 South St., Lancaster Room

- Thurs., Jan. 12  
Enlighten – A New Light on Depression for Older Adults: Learn signs and symptoms of depression, diagnosis and treatment. Linda Stevenson, Aging Partners Caregiver Support Program.
- Thurs., Feb. 9  
Living Well on a Shoestring: Learn how you can improve your relationship with budgeting. Tracie Foreman, Aging Partners Health & Fitness Program.
- Thurs., March 8  
When and How To Ask for Help: Learn how to graciously accept what is genuinely offered. Lindy Bixler, Family Medical Mental Health Practitioner.

### Entertainment

#### Buddy Holly Tribute Day

Fri., Feb. 3, 11:30 a.m.

Downtown Center, 1005 "O" St.

Join us as we celebrate Buddy Holly's influence on the musical world, with good tunes and good times. Hits of the '50s, the featuring Jimmy Mack.

#### Valentine's Party

Tues., Feb. 14, 10:30 a.m.

Downtown Center, 1005 "O" St.

Celebrate Valentine's Day at the center with musical entertainment, tasty food and a special drawing for a door prize. Don't miss the fun, and stay for lunch. Featuring Music by Tim Javorsky's "Sarabande Jazz."

#### Free Valentine's Day Dance

Tues., Feb. 14, 7 - 9 p.m.

Auld Pavilion, 1650 Memorial Drive  
Join us for music and refreshment, sponsored by the Aging Partners Downtown Center. Featuring Joe Taylor & Billy Troy.

#### St. Patrick's Day Party

Fri., March 16

Northeast Center, 6310 Platte Ave.,  
10:30 a.m.

Downtown Center, 1005 "O" St.,  
11:30 a.m.

Everybody's Irish on this special day, even if it's a day early. Join us for food, fun and special entertainment; stay for lunch and wear your green. Featuring traditional Irish Music by Chris Sayre.

#### National Chip & Dip Day

Fri., March 23, 10:30 a.m.

Downtown Center, 1005 "O" St.  
Help us celebrate this little known holiday. How many delicious dips can you list? Onion, cheese, hummus, bean, crab, salsa . . . the list goes on and on. Join us for a sweet and savory sampling of a variety of tasty chips and dips. But don't over-snack, because lunch will be terrific!

*Continued on page 36.*



# Aging Partners News and Events

*Continued from page 35.*

## **It's Ours For The Taking! An Evening with T. Marni Vos & Friends**

Tues., March 27

Cotner Center Condominiums

1540 N. Cotner Blvd.

Dinner: 5:30 p.m.

Show: 6:30 p.m.

Suggested meal donation: \$3

Show ticket: \$5


Transportation: \$2

Celebrate Women's History Month in March with us. This night of celebration; inspiration; talking (and singing) about women; humor; and creativity is a reminder it's never too late to become who you might have been! Don't miss this memorable evening featuring T. Marni Vos, Julie Enersen, and Melodee Landis. Call for reservations today.

## **Princess Present, Princess Past**

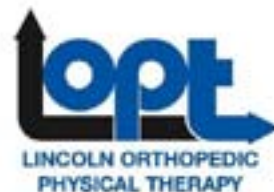
Fri., March 2, 7 - 9 p.m. (Reception)

Milestone Gallery, located in the Downtown Center, 1005 "O" Street

"A woman in harmony with her spirit is like a river overflowing. She goes where she will without pretense, and arrives at her destination, prepared to be herself and only herself." – Maya Angelou  
Experience the work of portrait artist Sharon Aden as she dedicates this show to the strength and spirit of women everywhere. The show will hang until March 30. 

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Britany Miller

Nellie Van Ranken

Brittany Schipman

### **Northeast Office South Office**

84th & Holdrege

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Suite 100

Phone: 402-484-7117

### **Therapists**

Jasmine Hagemeyer

Irma Jacobsen

Thomas A. Kruse

John Linn

Roger Sand

Williamsburg

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# Wilson Honored for Dedicated Effort

**A**ging Partners is proud to congratulate Mary Wilson on her induction into the prestigious Elder Rights Advocacy Hall of Fame. A member of the Elder Rights Coalition and a legal services provider for Aging Partners, Wilson is the first Nebraskan to be inducted.

“Mary is an ardent advocate and works tirelessly to help many elderly in Nebraska,” said Madhavi Bhadbhade, legal services developer with the State Unit on Aging, who, along with Aging Partners, nominated Wilson. “Her knowledge, expertise and the caring she shows in providing service to her clients have made her an invaluable resource.”

The Elder Rights Advocacy Hall of Fame was created in 2007 by the National Association of Legal Services Developers to recognize those who have advanced the legal rights of the nation’s 60 and older population, especially those who are poor, disadvantaged, socially needy and vulnerable.

Wilson, an attorney with Buford Law Office and 31 years experience, has worked with the Aging Partners Law Clinic since 1989. She provides free legal advice to older adults every Tuesday.

“It’s very fulfilling,” she said. “You can visibly see what you’re accomplishing, and they’re very appreciative.”

Wilson, who attended the NALSD Symposium in Boston Nov. 10 to accept her award, wishes everyone who advocates for older adults could receive similar recognition.

“Not many are stepping forward to help, and there is such a huge need,” she said. “It can be frustrating and difficult, but it’s rewarding in its own way.” **LW**



Mary Wilson



**Mary is an ardent advocate and works tirelessly to help many elderly in Nebraska.”**

— Madhavi Bhadbhade



Mary Wilson, left, receives congratulations from Iowa Legal Services Developer Deanna Clingan-Fischer during her induction into the Elder Rights Advocacy Hall of Fame Nov. 10 in Boston.



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*From left, Faye Swanson, Audrey Roesler and Norma R. Jones share a love of the Waverly Center.*

## Waverly Cherishes Long Tradition of Service

**A** changing of the guard at the Waverly Center has left Audrey Roesler with big shoes to fill. Roesler, manager of the rural senior centers, took over Oct. 28 following the departure of Faye Swanson and longtime volunteer Norma R. Jones.

### Audrey Roesler

Roesler has overseen the other four rural centers – Bennett, Firth, Hickman and Panama – since 1991. A Bradshaw native, she's worked with older adults since 1980.

"I'm excited to meet and get to know everyone at the Waverly Center," she said. "I enjoy helping people and being able to provide them with the information they need."

Roesler's responsibilities include overseeing the programs and meal service at each of the rural centers. She's excited to add Waverly to the mix and carry on Swanson's 32-year tradition of caring.

"It's not easy to step in where someone has been for that long, but I'm excited to take on the service that she has provided all these years," she said.

### Faye Swanson

After more than three decades, Waverly native Swanson retired as manager of the center Oct. 28.

"I just decided that I was 76 years old and I didn't need the extra responsibility anymore," she said. "I still plan to spend time with my friends here every Friday, though."

One of Swanson's most memorable moments from her lengthy career was when an evening potluck in the late 1980s was interrupted by a tornado warning.


"We all went into the hallway and took the piano with us," she said. "The program that night was supposed to be someone singing, so we rolled the piano over and had the show in the hallway."

### Norma R. Jones

Because Jones, 94, spent much of her life in food service, it seemed only natural for her to begin volunteering at the Waverly Center 29 years ago. Up until May, it was her job to set up tables, clean and decorate them and assist with the meal.

"I've always liked to be in the kitchen," she said. "I've cooked all my life, and I enjoy being around people."

It's going to take time for Jones to get used to coming to the center and taking a seat to relax, rather than working in the kitchen. Many of the regular attendees also are having a hard time adjusting.

"The first day I came back, someone said to me there wasn't any coffee," she said. "I told them someone else would have to make it, so they had to wait. It's going to take some time to get used to it." 

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